



FIRST-YEAR FORUM

Healthy Living Newsletter for Mason Students

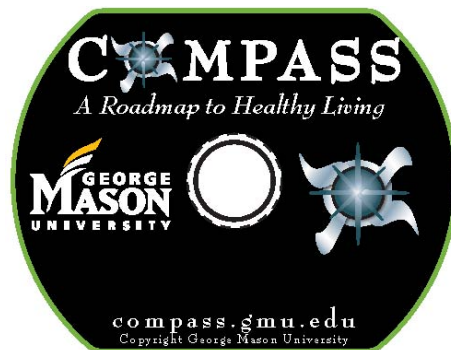
Issue 10, May 14, 2008

The end of the semester has arrived!

The final papers are in, and the final exams are completed. Congratulations – you made it! Undoubtedly, it has been a very full year – with lots of new learning on multiple levels. When you compare what you expected before you arrived at Mason with what you experienced, you probably find that some things are just as you expected, and other things are quite different from your expectations. You probably did better with some things than expected, and you probably also found areas for improvement. You probably learned a lot about yourself, and for that, you should feel very pleased to have made those discoveries!

With the academic year over and the summer just ahead, it's time for some final thoughts with this First-Year Forum. As you know, this e-newsletter has been designed to provide periodic messages linked to your first year at Mason. It's a transition year, with many new challenges to navigate primarily on your own. A major theme with this First-Year Forum has been to connect you to numerous resources. This e-newsletter has constantly referenced ***COMPASS: A Roadmap to Healthy Living***. While designed with first-year students in mind, **COMPASS** can be a helpful resource for you in the years to come. As you have seen by referring to **COMPASS** periodically, 31 topics are highlighted with articles by Mason faculty and staff, reflection and planning sheets, and links to campus, local and national resources. We're updating it now with brief filmed interviews with students and professionals with specialization in various fields; this will continue to grow in the years to come. We hope that you found **COMPASS** helpful during your first-year journey, and that you'll find it helpful in the future.

What you may not know is that **COMPASS** is built upon the theme of "Life Health Planning." This concept emphasizes you taking personal responsibility for your



COMING SOON! The brand new and improved **COMPASS CD-ROM!**

Planning. This concept emphasizes you taking personal responsibility for your life, including a wide range of topics and issues. You can reference each of the topics on *COMPASS*, and the reflection and planning sheets provided for each topic can be helpful to you in helping to achieve the most for yourself. On the revamped *COMPASS* website, you'll see (under the student section) **7 Life Health Principles**; you can learn more about each of these, and think about ways in which each of these can influence your life in positive ways. Specifically, look for ways in which **optimism** can be learned or enhanced, and how your personal **values** can be clarified and lived more fully. Examine your efforts with **self-care** strategies (such as stress management, exercise, nutrition, and decisions about alcohol, tobacco and drugs). Focus on **relationship health** (including relationships with family, friends, and yourself) and **community health** (with attention to formal and informal groups). Attention to **nature** (with issues of sustainable resources) and **service** (like volunteering and reaching out to others) help to round out this model.

Your transition into the summer is a perfect time to take stock of yourself – what you have learned this year, and what you can improve upon. Check out the reflection and planning sheets on topics of interest. We invite you to think about the resources that you have all around you, and ways in which you can better utilize them. We also encourage you to think about yourself and “Life Health Planning”, with attention to the seven principles and how each one can be enhanced in your life.

Again, congratulations for your completion of this first year at Mason! We hope this was a rewarding one for you in many ways. Further, we hope that you have created some sound and healthy foundations for next year and, ultimately, for the rest of your life.

Our best wishes for your future, healthy journeys.



Healthy Expectation's COMPASS
Center for the Advancement of Public Health

[School of Recreation, Health, and Tourism](#)

[College of Education and Human Development](#)

To unsubscribe, please email healthyx@gmu.edu with subject line: **remove**